Obesity is a chronic condition that requires lifelong interventions. Weight loss cannot be a goal for obesity management if obesity is a chronic condition. The goal of obesity management should be about continuous balanced health lifestyle and focused sustainable goals.

This session’s speaker is Stasia Lucki, a Registered Psychologist with Primary Care & Chronic Disease Management. She has had experience delivering educational presentations to healthcare providers and patients and vast experience working with people of all different age groups.

This module contains:

- A link to the video on how to sustain the change
  - http://www.youtube.com/watch?v=HGIrHJasBRY

- A PowerPoint presentation (page 2-17) that covers the following topics:
  - Tips on assessing patient readiness
  - Thoughts to consider before talking about goal setting with patients
  - Slides pertaining to the 4Ms and their association with obesity

- A discussion guide for further reflection (page 18)
- A resource list for additional information (page 19)
Sustain the Change

Edmonton Southside PCN
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Defining Obesity:

Key Principles

- Obesity is a chronic condition
- It involves changes in multiple areas of the body
- It is influenced by genetic, environmental, and behavioral factors
- It requires long-term management and a focus on overall health

Obesity is a chronic condition, therefore, intervention(s) cannot focus on weight loss as a goal. Weight loss must be an outcome of interventions.
Change:

I put a dollar in one of those change machines. Nothing changed. - George Carlin

Things do not change; we change. - Henry David Thoreau

For everything you have missed, you have gained something else, and for everything you gain, you lose something else. - Ralph Waldo Emerson

When we are no longer able to change a situation, we are challenged to change ourselves. - Victor Frankl

Growth is the only evidence of life. - John Henry Newman

Patients and the change process:

Change

Change is a process.
Transtheoretical model: 5 Stages of Change

1. Pre-contemplation
2. Contemplation
3. Preparation
4. Action
5. Maintenance

1. Not even thinking about making any changes
2. Thinking about it (weighing pros & cons)
3. Preparing to change (getting supplies, planning when & how)
4. Doing it
5. Solidifying the change

Priorities

Is your healthy lifestyle priority in line with:

- how you spend your time?
- where your effort goes?
- your daily routine?

Begin

"Nobody can go back and start a new beginning, but anyone can start today and make a new ending."

Mara Robinson
Lifestyle Journaling

Helps us learn where we are by tracking our choices and circumstances:

- Time
- Food & Fluid intake
- Activity
- Emotions
- Thoughts
- Circumstances

Choose a direction

"If you don't know where you're going, you'll end up someplace else."  
Yogi Berra

Decision making

Sometimes it is helpful to look at what is on both sides of the fence.....

- look at the pros and cons.
Choose Change

Decision making

&

Motivation

Motivation

Motivation is related to personal choice.

Do YOU really want to do this?

Expect Challenges

Challenges are what makes life interesting, overcoming them is what makes life meaningful.

Joshua J Warner

Hillary Clinton...

"When you face such a challenge as global climate change, it can be somewhat daunting - it's kind of like trying to lose weight, which I know something about."
Identify Comfort Zones

Build on Strengths
What are some
• resources
• strengths
• skills
• successful change experiences
you already have to draw from?

Slips are not failures

'I have learned 10,000 ways to not make a light bulb.'
attributed to Thomas Edison

We learn more from mistakes than successes.
Problem solve challenges

1. What is the real problem?
2. Brainstorm – can I eliminate or reduce it?
3. Choose a strategy and try it.
4. Evaluate – how did your strategy work?
5. Choose another problem – define it.

Automatic Negative Thoughts: ANTs

Trigger
Response
Alternatives
Plan

Thinking and self talk strategies:

Notice
• thought patterns
• automatic negative thoughts (ants)

Challenge
• and replace ants with realistic alternatives

Plan for the future
SMART Personal Goals

Is my behavioral goal an enjoyable one?

Can I do it for the rest of my life?

Get ready, get set...

Trial run and problem solving

GO!
Make it routine

“Motivation is what gets you started. Habit is what keeps you going.”
Jim Rohn

Monitor Choices and Circumstances

Celebrate the healthy choices you are making, and notice where you may have challenges.

SMART Goals

S Specific
M Measurable
A Achievable
R Rewarding
T Timeframe
Maintain Progress: Celebrate & Reward

Give it time

"Every mighty oak is just a little nut that held its ground."
Anonymous

Review - Keys to Success
- Choose priorities
- Discover patterns
- Make decisions
- Solve problems, trap ANT's
- Build on strengths
- Set goals
- Set routines
- Build in rewards
- Celebrate effort
Habits to maintain positive change

Self care:
- Lifestyle monitoring
- Healthy routines and habits
- Physical activity
- Nutrition

Stress and life management:
- Problem solving
- Time management
- Proactively deal with challenges

Use your skills, strategies and resources.

Some strategies to cope with weight regain:

- Planning: Log
- Measuring/monitoring
- Journaling
- Goal setting
- Routine/habit
- Physical activity
- Stress management

Lifestyle management

- Planning and prioritizing
- Journaling
- Self-care: Problem solving
- Time management
- Routine habit
- Healthy skills
- Stress management: Breathing techniques
- Muscle activity: Muscle relaxation
- Meditation: meditation, visualization, guided imagery
- Social support: write, expression therapy

www.ahs.ca/osea
Change and the health care professional

Getting to Action

- Forge a relationship
- Supplement existing knowledge, create understanding
- Identify existing skills and strengths
- Help patient conceptualize realistic expectations
- Consider the relevance and importance of possibilities and choices for the patient
- Planning and problem solving
- Support trials of new behaviour
- Foster commitment

"Patient as person" supports the relationship. The relationship supports:

- Fellow through
- Patient empowerment
- Confidence
- Teamwork
- Engagement
- Trust
- Perception of safety
Conversational skills support the relationship:

Open-ended questions:
- what, how, never why

Affirmations:
- express empathy, understanding

Reflective listening:
- restate, paraphrase

Summaries:
- used as transitional elements

Maintaining change

- Identify obstacles to action
- Support self efficacy – self confidence – identify and build on existing strengths and skills
- Support problem solving and emotional self regulation

Understanding "relapse"

Challenging situation

- Ineffective coping response
- Effective coping response

- Decreased self efficacy
- Higher probability of relapse
- Improved self efficacy
Framing relapse:

- Statistics
- Normalizing
- Reference group
- Reframing
- Consider attribution

Consider the "relapsed" behavior and its function

Activity: Consider the "relapsed" eating behavior and its function

- Chaotic: Occasional, Contextual, Due to stress, disorganization, poor time management
- Disorder: Periodic, Unhealthy, Motivated by aesthetics
- Diagnosable as Eating Disorder: Emotionally driven, Compulsive overeating
Questions:

THANK YOU
Discussion guide

This is a guide for questions and topics to consider after viewing Stasia Lucki’s video and slide show on the topic of How to Sustain the Change. These questions can be discussed in a group or on your own.

1. Please take a moment on your own and consider what are the key messages you took from the speaker today (tips, messages, tools)?
   - Of those tools and tips – how can you see using these in the next week in your practice?
   - Is there anything you found surprising during the talk?
   - Is there anything learned today that can be implemented into practice?
   - Is there anything you particularly agreed or disagreed with?
   - Is there anything you would like to learn more about on this topic?
   - Do you have your own ideas of how to support patients who have made healthy life changes?

2. Goal Setting
   - Take a few moments of quiet time to come up with your own goal concerning a change you feel you can implement in your practice.
   - Can you anticipate difficulties with achieving this goal?
   - Are you confident you can reach your goals?
Resources

Tools

- 5As Team Intervention Tools (available through the Canadian Obesity Network): [http://www.obesitynetwork.ca/5As_Team](http://www.obesitynetwork.ca/5As_Team):
  - 5As T – Relapse Prevention Tool
  - 5As T – 4Ms Booklet
  - 5As T – Expectations for Weight Loss
  - 5As T – Goal Setting Sheet
  - 5As T – Physical Activity Guide

Resources

- Canadian Physical Activity Guidelines – Canadian Sedentary Behaviour Guidelines